

# TESTICULAR CANCER IS THE MOST COMMON CANCER IN YOUNG MEN AGED 15 – 35 YEARS.

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Testicular cancer is highly curable when detected early. However, about half of men with testicular cancer do not seek treatment until the cancer has spread beyond the testicles to other locations in the body (In most cases early stages of testicular cancer present themselves in a completely painless manner). **Get to know the symptoms.**

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**MALTA MALE CANCER AWARENESS**

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The best way to increase your chances of surviving Testicular Cancer is by catching it as early as possible. **Do this self-check once a month.**

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## JUST FOLLOW THESE SIMPLE STEPS:



**1 WHEN.** Check your testicles during or after a warm bath or shower, when the muscles in the scrotum are relaxed, making it easier for you to feel any lumps, growths or tenderness.



**2 HOW.** Feel both testicles by gently rolling them between your thumb and fingers. It is common to have one testicle slightly larger or hanging lower than the other.



**3 FAMILIARISE.** Know the size, shape and weight of your testicles and also the feel of the soft tender tube that connects the back side of each testicle. You should not feel any pain when checking your testicles.



**4 EXAMINE.** Feel for any lumps, change in size or shape, any bumps or inconsistencies. If in doubt, immediately visit your General Practitioner or go see a Urologist.



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